

## Building confidence

### **Get things done**

Break the job down and match the task to your energy levels. Once you've set your goal, go for it!

### **Monitor your progress**

Write a have-done list instead of a to-do list.  
Celebrate your achievements!

### **Do the right thing**

Stick to your values. In the long run you will like yourself more and be more proud of yourself!

### **Face the fear**

Failure isn't the obstacle.  
Fear of failure is the problem. Have a go despite the fear!

### **Follow through**

Follow your plans with actions. You will respect yourself more for trying!  
Think longer term!

### **If you think you can do it, you can do it!**

Never listen to the people who put you down and try to stop you. Keep going!